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Preliminary hearing set

Murder case moves forward following the psychiatric assessment of a Cape Breton man PAGE 4

DRIVEN OUT OF OFFICE

TORONTO MAYOR ROB FORD VOWS TO
'FIGHT TOOTH AND NAIL' IN APPEAL
OF CONFLICT-OF-INTEREST RULING PAGE 6



HALIFAX

metro®

Tuesday, November 27, 2012



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'She was frightened of him'



Dustin Brian Hales is led from Dartmouth provincial court on Monday afternoon after being arraigned on a first-degree murder charge in the death of his former fiancée, Christina Cline. JEFF HARPER/METRO

Mother speaks.

Christina Cline lived under same roof with both ex-fiancé and his wife for about a year

Kathleen McCartney didn't want to believe it could be him.

But the mother of murder victim Christina Cline says when she learned Saturday night her daughter's ex-fiancé and father to her three children was being charged in her killing, it didn't come as a surprise.

"My husband suspected it right from the beginning. I didn't want to believe it but deep down I had a feeling," McCartney told Metro by phone Monday night from her London, Ont., home.

Dustin Brian Hales and his wife, Victoria Ann Weir-Hales, are each charged with first-degree murder in the killing of Cline, whose body was found in Dartmouth's Shubie Park on Nov. 19, 2011.

Hales and Cline were together for about 10 years and had three children, now aged eight, nine and 10.

While McCartney wouldn't delve into many specifics, she said that, prior to her death, Cline was looking to move back to her hometown of Lon-

don, Ont., and wanted to bring her three kids with her.

Hales, she said, wasn't happy about the idea, and a court order was issued preventing Cline from taking the kids outside the province.

"You could tell she was frightened of him," McCartney said.

Hales and his wife were first arrested last year and questioned but later released because police didn't have enough evidence to lay murder charges.

"We didn't have the evidence but now we do," said Halifax Regional Police spokesman Const. Pierre Bourdages. "It's a complex investigation. Officers and investigators spent thousands of hours on this."

On Saturday, police arrested 26-year-old Weir-Hales of Sydney Mines in Cape Breton and 37-year-old Hales of Dartmouth in Truro.

That same night, McCartney got the call she was waiting over a year for.

McCartney says she wants to be there if there is a trial but admits it may not be possible.

"It depends on whether I can do it financially," she said. "There is 800 miles between us."

PHILIP CROUCHER/METRO
WITH FILES FROM ANDREW RANKIN

Dustin Brian Hales and Victoria Ann Weir-Hales face murder charges in court, page 3



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Couple charged in Cline murder ordered to have no contact

First-degree murder charges. Man and woman due back in court next month



ANDREW RANKIN
andrew.rankin@metronews.ca

Dressed in an unbuttoned golf shirt, shorts and sandals, Dustin Brian Hales arrived in Dartmouth provincial court on Monday to face a first-degree murder charge in the death of his former common-law partner.

Hales, 37, sat wide-eyed and fidgeting through the appearance, which lasted just minutes. He arrived moments after his wife and co-accused, Victoria Ann Weir-Hales, answered to the same charge.

Weir-Hales, 26, who sported a small tattoo behind her right ear, sat seemingly confused and dejected, wearing a black hooded sweatshirt and grey yoga pants.

Judge Pam Williams ordered the case put over to Dec. 19. At the request of Crown lawyer Denise Smith,

Quoted

"He's concerned about the no-contact order with his wife."

Defence lawyer Pavel Boubnov said of his client Dustin Brian Hales

Williams ruled the pair must have no contact with each another.

Over the weekend, Halifax Regional Police laid the charges against the Dartmouth couple in the murder investigation of Christina Kathleen Cline, also of Dartmouth, whose body was found in Shubie Park on Nov. 19, 2011.

Though they are co-accused, Smith said they are charged on "separate informations," which normally means they will face separate trials. But Smith said the Crown would consider having one trial, instead of two.

"There may be a reason why it's sensible to proceed separately," she said. Hales' defence lawyer, Pavel Boubnov, said he had spoken to the accused and said his client is distraught about the charges and conditions he's facing.



Victoria Ann Weir-Hales leaves Dartmouth provincial court on Monday. She and her husband, Dustin Brian Hales, have been charged with first-degree murder in the death of Hales' former partner Christina Cline. JEFF HARPER/METRO

"He feels he needs to talk to his wife," he said. "Obviously they have to make certain decisions about their finances, the property. As a normal family, they have things to worry about."

Hales, who is originally from Truro, and Cline had three children together. Boubnov said they are currently in foster care.

Weir-Hales is originally from Sydney Mines.



Police divers search for evidence in the case at Lake Banook in Dartmouth on Monday. JEFF HARPER/METRO

Hearing postponed in child-porn case

The preliminary hearing for a man accused of sexually assaulting and photographing young boys has been held over until May 19.

David James Leblanc is facing seven charges, including sexual assault and sexual interference. The 47-year-old is also charged with making child pornography and single counts of accessing, possessing and distributing child pornography. He appeared briefly in Dartmouth provincial court on Monday.

Leblanc is also at the centre of a high-profile teen-confinement and sexual-assault case in Lunenburg County and is facing seven charges in relation to those allegations.

Leblanc was arrested in December 2010 after police seized computer equipment and digital storage devices from an apartment in Dartmouth. The preliminary hearing will determine if there is enough evidence to proceed to trial. METRO/WITH FILES FROM THE CANADIAN PRESS



David James Leblanc appears in Dartmouth provincial court on Monday. JEFF HARPER/METRO

Shubie Park. Teen sent to hospital after stabbing

A 19-year-old male suffered non-life-threatening injuries as police investigate another stabbing in Dartmouth.

Police say just before 9 p.m. on Sunday, the victim showed up with a stab wound at Dartmouth General Hospital. It's believed he was attacked in the campground area of Shubie Park.

Police say he was at the park with friends when they

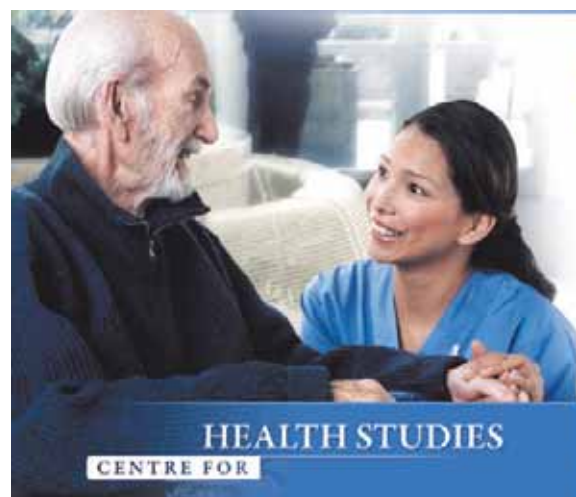
were approached by two men. A fight happened and the stabbing occurred.

There is no description of the suspects.

On Saturday night, police were called to the lot in front of Bob's Taxi's at 269 Wyse Rd. in Dartmouth after an 18-year-old man got into a confrontation with two men and was stabbed twice.

METRO

11 NEWS



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Dartmouth

Home invasion
not random: Police

Police are looking for two men after a man was assaulted inside his Dartmouth residence Sunday night. Police say the men forced their way into a home on Primrose Street and assaulted a 42-year-old man. He was taken to hospital with non-life-threatening injuries. Police say the incident isn't random. **METRO**

Lost and found

Missing young
woman located

Police say a missing Halifax woman has been located. Sonya Dye, 19, had been last seen Sunday around 8 p.m. on Spring Garden Road. Police issued a release Monday afternoon saying she failed to return home. But around 6 p.m. Monday, police say she was located safe and sound. **METRO**

Common cents



Paul Gunning with his pennies.
NEW GLASGOW NEWS

Musician's penny
collection adds up
to big donation for
Halifax hospital

Dave Gunning stopped by the Scotiabank in New Glasgow Monday morning to make a hefty deposit — what he estimated to be about 500 pounds of pennies destined for the IWK Health Centre.

Gunning, who garnered

national attention after the Canadian Mint tried to get him to pay to use the image of the penny, decided to start collecting pennies for charity at his shows in the Maritimes.

When the Scotiabank staff heard what he was doing, they decided to help by volunteering to count the cash. They've also agreed to match the donations up to \$5,000.

NEW GLASGOW NEWS

Pictou County

Truck with stolen
booze located

Two Colchester County men are in police custody after a tractor-trailer loaded with stolen booze was recovered Sunday in Debert. The 53-foot-long trailer containing \$200,000 worth of liquor was stolen from Westville Road in the Mount William area of Pictou County. **TRURO DAILY NEWS**

Accused in fatal beating to have preliminary inquiry

**Psychiatric
assessment in for
Andre Denny.** But
no details revealed



HALEY
RYAN

haley.ryan@metronews.ca

The case of a Cape Breton man accused in the murder of a local gay-rights activist is moving forward to a preliminary hearing.

Andre Noel Denny, 33, appeared in court on Monday where the defence said the psychiatric assessment, which was intended to look at his ability to stand trial, was completed.

The aspects of the report were not released but Denny's lawyer Don Murray said he had no issue with it, so a date for the preliminary hearing was set starting on Feb. 19.

Crown lawyer Darrell Martin also couldn't comment on the report because he said it would impact Denny's right to a fair trial.

"Discussing that report would disclose a fair amount of evidence," Martin told reporters outside the Halifax provincial courtroom.

Murder charge

Mom has said
son innocent

Andre Noel Denny sat quietly as the judge set a date for a preliminary hearing in his case on Monday.

Denny wore black Croc shoes and a dark sweater, his head tilted down and hands clasped in his lap. Janice Paul, Denny's

mother, has said her son is innocent of the murder charge.

At his last court appearance Sept. 20, Paul said her son was "not himself" at the time of Raymond Taavel's death, and questioned how the hospital allowed him out unescorted.

Paul wasn't at Denny's appearance Monday.

HALEY RYAN/METRO

Martin added the report from Dr. Hy Bloom of Toronto is not an official finding, but an opinion to help guide the judge or jury.

A focus hearing was also set for some time in January, while Martin said both sides wait on information to come forward.

"We're still awaiting an autopsy and a few other forensic reports that we don't have yet," he said.

"The defence wants those before it determines what it's going to do with the preliminary inquiry."

Denny, who was diagnosed with schizophrenia as a teenager, was on a one-hour unsupervised leave from the

East Coast Forensic Hospital in Burnside on April 16 when he didn't return.

Several hours later, the beating of Raymond Taavel took place on Gottingen Street outside the Menz Bar, and Denny was arrested a short distance away.

Denny was remanded back to custody at the East Coast Forensic Hospital in Burnside until his next court appearance.

Hearing dates

The dates for Andre Denny's preliminary hearing are Feb. 19 to 21.



Andre Noel Denny at Halifax provincial court on Sept. 20. **JEFF HARPER/METRO**

Farmers market investor growing frustrated with Port Authority



The Halifax Farmers Market is seen in this file photo. **JEFF HARPER/METRO**

The groups behind the Seaport Farmers' Market have surrendered their lease to the Halifax Port Authority due to financial trouble, but one investor is unhappy with how the process is unfolding.

The Nova Scotia Farmers' Market Development Cooperative (FMDC) and the City Market of Halifax Cooperative Ltd. (CMHC) finalized their surrender agreement on Friday, said Michele Peveril of the Port Authority.

"They recognized the situation wasn't sustainable and needed to make a change,"

she said Monday.

Back in the spring, Peveril said both groups voted to turn their lease over to the Port Authority landlord as a way of dealing with a growing debt.

But Frank Schwartz, chair of the Farmers' Market Investment Cooperative, issued a release Monday saying he is frustrated by the lack of communication he's had with the Port Authority until now.

"You've got to talk to us. We're 500 investors by the way," Schwartz said in a phone interview.

Schwartz said FMIC had an agreement with the market groups to pre-pay their rent, and raised \$1.5 million to cover 26 years of rent.

"A lot of people invested money," Schwartz said, "We're not valued in more than one way, as key instigators, supporters and key players in it."

Schwartz said he is worried about how the Port Authority will take over the payments to investors the other groups covered before now, but Peveril said FMDC and CMHC are who he should talk to.

Consultation after Dec. 25

Michele Peveril said the market will continue with the current schedule, and after Christmas the Halifax Port Authority will consult with vendors and the public to get feedback on possible changes.

"The relationship is not directly through us," Peveril said. "A lot of the things that would've been set up in the beginning are going to change." **HALEY RYAN/METRO**

Eased rules. Domestic-violence complainants may exit leases more simply

People who have filed domestic-violence complaints would be able to get out of their residential leases in Nova Scotia early without penalty, under proposed legislative changes introduced Monday.

Service Nova Scotia Minister John MacDonnell says the changes would allow tenants to get out of fixed-term or year-to-year leases with one month's notice.

MacDonnell says the change would allow victims of abuse to deal with their problems without worrying about financial penalties from their leases.

In order to get out of the lease, a tenant would have to make an application within 90 days of obtaining an emergency



John MacDonnell METRO FILE

protection order and file a domestic-violence complaint to police. They would also need a certificate from the Director of Victims Services.

THE CANADIAN PRESS

Muskrat Falls

Hydro project in Federal Court

As a Federal Court hearing started Monday, opponents of a proposed Labrador hydro megaproject argued federal support should be withheld because of gaps in an environmental review.

Groups including environmental and aboriginal challengers say a joint federal-provincial panel didn't complete its assessment of Muskrat Falls.

Lawyer Lara Tessaro said the panel failed to completely study the need for the dam and power station or possible alternatives.

THE CANADIAN PRESS

Decision on electoral boundaries stalled

Redrawing the map. Opposition 'at a loss' for delay

A decision on what's next in redrawing Nova Scotia's electoral map appears temporarily stalled in the legislature.

On Monday, Justice Minister Ross Landry said the government needed to take more time before it presented any potential amendments to proposed electoral-boundary changes.

Last week Premier Darrell Dexter suggested the issue would be dealt with by the legislature's law-amendments committee on Tuesday.

But Landry, who is chairman of the committee, said it needed to hear from "key players" before it proceeded, although he wouldn't say who they are.

He also wouldn't commit to a timeline before the committee could pass the bill along for third and final reading in the legislature.

"Not tomorrow or the next day for sure," said Landry. "We want to have more dialogue."

The proposal

The legislation, which has passed second reading in the legislature, would merge four ridings intended to represent the province's black and Acadian populations with other ridings.

Both opposition parties have declined Landry's call for further ideas on what to do and say they will vote against the boundary changes in any event.

Liberal committee member Michel Samson said he didn't know why the government seemed to be hesitating.

"This is a majority government, we're at a loss as to why they continue to drag their feet on this," said Samson.

Progressive Conservative Chris d'Entremont said the onus was now squarely on the government to decide what to do.

"It is their decision really on whether it goes forward, whether it stays where it is or whether it gets amended," he said. THE CANADIAN PRESS



Justice Minister Ross Landry METRO FILE

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Ford blames his ouster from office on 'left-wing politics'

Conflict-of-interest case. Mayor plans to appeal decision, vows to run again



JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn't breaking the law on conflict of interest despite never having read it wasn't a good enough defence for Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," wrote the judge.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest despite never having read the act because his father had been an MPP. The judge

found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and would "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said. He blamed the outcome on the left wing. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself. "While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this," said Ruby. "Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules."

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor's decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

Ford's staunch ally on council, Coun. Giorgio Mammoliti, announced he would be quitting Ford's executive committee in the wake of the decision.



Toronto Mayor Rob Ford, left, speaks to the media at city hall in Toronto on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto's Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the "current term."

It was not immediately clear whether that meant Ford's term ended with his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a municipal law expert, called the ruling ambiguous, but said he believed Hackland "clearly" meant to bar Ford from running for office until the current council term is over in 2014.

Both parties could write the judge to seek clarification, said Mascarin, who called the ruling "unprecedented."

The judge did put his declaration on hold for 14 days to give the city time to deal with the situation.

THE CANADIAN PRESS

Canadian mayoral mishaps

Rob Ford, ordered out of office for violating conflict-of-interest rules, is only the latest in a chain of mayors to get tripped up by legal trouble.

STEVE COLLINS/
FOR METRO



THE CANADIAN PRESS

Joe Fontana (London, Ont.), a former Liberal cabinet minister, faces charges of fraud under \$5,000, breach of trust by a public official and uttering a forged document. He's accused of misusing federal funds to book a hall for his son's 2005 wedding. Fontana says he's not guilty and won't resign.



THE CANADIAN PRESS

Larry O'Brien (Ottawa) had to take time off work for his 2009 criminal trial on charges of attempted bribery and purported influence peddling. He was alleged to have offered rival mayoral candidate Terry Kilrea a job with the National Parole Board to convince him to drop out of the campaign. O'Brien beat the rap, but lost the 2010 election.



THE CANADIAN PRESS

Gérald Tremblay (Montreal) resigned Nov. 5 in the midst of revelations at the Charbonneau Commission into corruption in Quebec, and about six months after the arrests of his ex-chief of staff and the former chair of his executive committee. Tremblay has not been charged and denies knowledge of any wrongdoing.



TORSTAR NEWS SERVICE

Linda Jackson (Vaughan, Ont.) ran for re-election in 2010 while still facing 68 charges under the Municipal Elections Act relating to expenses from her last campaign. She lost the election in a landslide to former Liberal cabinet minister Maurizio Bevilacqua, but finally had the last of the charges thrown out last year.



THE CANADIAN PRESS

Gilles Vaillancourt (Laval) resigned Nov. 9 after 23 years as mayor. He was accused by a witness at the Charbonneau inquiry of accepting kickbacks from construction firms. He hasn't been charged, but police have executed search warrants on his home, condo, offices and safety deposit boxes.



METRO

Sam Katz (Winnipeg) faces conflict-of-interest allegations in a lawsuit from Joe Chan, owner of Cathay House restaurant, alleging he improperly spent \$2,915 on a 2010 city function at Hu's Asian Bistro, a competing restaurant the mayor happened to own at the time. The case goes to court April 2.

Grey Cup wager

Calgary honours bet



Calgary Mayor Naheed Nenshi.
THE CANADIAN PRESS

Calgary Mayor Naheed Nenshi says he'll honour a Grey Cup wager even though his Toronto counterpart has been ordered out of office.

But Nenshi says "a bet is a bet is a bet," so he plans to wear an Argos jersey at a city council meeting Tuesday. He will also donate about \$650 to the Toronto Food Bank.

Nenshi says he didn't want to act too quickly because he wants the Stampeders to know he's still their No. 1 fan.

Toronto beat Calgary 35-22 in Sunday's game.
THE ASSOCIATED PRESS



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Former Salvation Army exec charged in Toronto toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Deadly cocktail

Grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Medications altered by grapefruit include highly-prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines.

A chemical in grapefruit interferes with an enzyme that controls how drugs are absorbed, resulting in a potentially-toxic dose.

THE CANADIAN PRESS



David Rennie turned himself in and was charged for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

17 counts of possession of property obtained by crime, 10 counts of theft over \$5,000, seven counts of theft under \$5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group,

which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

Affected products

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- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer.

THE CANADIAN PRESS

Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry

as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their

role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under \$200,000 to more than \$700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. **THE CANADIAN PRESS**



Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. **PAUL CHIASSON/THE CANADIAN PRESS**

Blue win. Conservatives reclaim Ontario riding of Durham in byelection

The Harper Conservatives reclaimed a byelection seat Monday in the Ontario riding of Durham, but it was the closely watched — and hotly contested — race in Calgary Centre that likely had them biting their nails.

Erin O'Toole — a former air force pilot and navy captain turned corporate lawyer — made it a quick night in Durham, a safe Conservative seat, leaving the second-place New Democrat challenger well in his wake.

A cheer went up from supporters when O'Toole cracked 50 per cent of the popular vote in Durham, leaving NDP candidate Larry O'Connor with just under 30 per cent.

The seat was vacated when former cabinet minister Bev Oda resigned following a series of spending and expense controversies that tarnished the Conservative brand as tight-fisted managers.

THE CANADIAN PRESS

B.C. and Alberta

- **Race.** The full results for the Calgary and Victoria byelections weren't in by press time. To see the winners in each riding go to metronews.ca.
- **Tight race.** In the Alberta riding next door to that of Prime Minister Stephen Harper, establishment candidate Joan Crockatt was running neck-and-neck with Liberal challenger Harvey Locke at press time.
- **Brawl.** In Victoria, a safe NDP seat turned into an acrimonious brawl over a controversial \$700-million sewage-treatment plan. New Democrat Murray Rankin was the lone candidate supporting the unpopular plan.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec Human Rights Tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS

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Carney to helm Bank of England

Crossing the pond.

Canada's central banker is 'going to where the challenges are greatest'

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal Party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that



Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not

do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt." THE CANADIAN PRESS



Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers during a demonstration in front of the European Parliament building in Brussels on Monday. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest against what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to be able to contribute an additional \$500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in \$5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009. THE CANADIAN PRESS

Detroit-Windsor bridge

New crossing will spur job creation, governor says

Michigan Governor Rick Snyder was in Toronto Monday to whip up enthusiasm for the new bridge linking Windsor and Detroit.

"I'm quite confident that this new bridge crossing will be the largest, busiest freight crossing between our two countries, potentially for the next hundred years," he said, adding that it will spur the creation of tens of thousands of jobs.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
100.62¢ (-0.19¢)

TSX
12,185.05 (-28.19)

OIL
\$87.74 US (-54¢)

GOLD
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Natural gas: \$3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)



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Europe 7-Night from **\$688**
CRUISE from Rome (Civitavecchia) visit Naples, Messina, Dubrovnik, Split, Koper and Venice. **UPGRADE** to balcony from \$35 per night.

Mexican Riviera 7-Night Cruise from **\$730**
CRUISE roundtrip Los Angeles and visit Puerto Vallarta, Ensenada and Cabo San Lucas. **UPGRADE** to Balcony from \$17 per night.

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WHEN DID I START WORRYING ABOUT MOM AND DAD?



SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheck and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly protective worriers. After all, a few small changes now could result in a few more years together, and I want Mom and Dad to be around as long as possible.

Follow Jessica Napier on
Twitter @MetroSheSays



After so many years of them looking after us the roles reverse and we are suddenly wrapped up in our parents' well-being. [MH.XBHD.ORG/Flicker](http://mh.xbhd.org/flicker)

The Queen's very hairy encounter



DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. **METRO**

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. **METRO**

The barracks history

- Founded in 1804, the barracks comprise more than 20 acres and are located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

Twitter

@emknowlesy: about to go bag & perfume shopping. Apparently my spending spree hasn't stopped after Sat's dress and shoe binge...halifax... i'm not sorry

@Chidibangs15: I don't complain about Halifax often because it's a great place but no food on the bus come on Transit

@the_haze_: I just saw a halifax rainman player approached by an old woman like

he was famous. I'm sure that happens to him all the time...

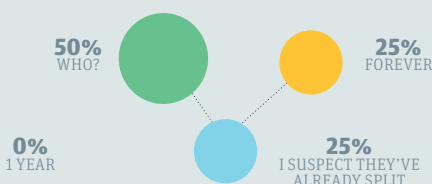
@mralexhagen: Looking for place to stay in #Halifax #NS This is not easy, and not cheap...I expected as much, but not THIS much

@PatCrosby87: I understand every intersection marked or unmarked is a crosswalk, but pedestrians please sup and look both ways before crossing #Halifax



Register at metropolitanpanel.ca and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianca Kamber last?



DVD review



Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL



The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to

be done.

Weta Digital is the centerpiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however,

while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes

Big business

The New Zealand government calculates that feature films contribute \$560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about \$100 million toward the \$500 million production costs of The Hobbit trilogy.

props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

2 SCENE

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Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

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By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, na-

tional clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Baubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."



Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, *Running: Complete Guide to Building Your Running Program*.

1 Adjust the intensity of your workout.

2 Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.

3 Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.

4 Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.



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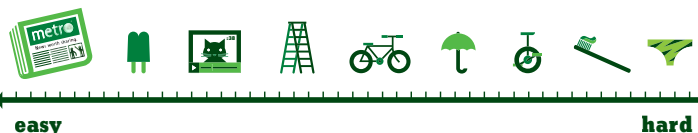
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Beef and Butternut Squash Stew goodness in 45 minutes



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to

Ingredients

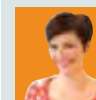
- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. **THE ASSOCIATED PRESS**

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

- Mussels have almost as much zinc and much more B12.

- Chicken thighs have about half the amount of iron.

- Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think

about:

- Grass fed beef has a healthier fat profile.

- Grass fed lamb or bison is a great option.

- Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND**

FOUND DAILY AT MYFRIENDINFOOD.COM



Dandelion Domestic Medium Hair

Dandelion, a sweet, young girl approx. 2 years old, was found stray in Dartmouth. She was clearly someone's pet at one time. A kind person rescued her and she is now ready for a new forever home. Dandelion loves a gentle

scratch behind the ears and relishes company. She practically purrs on demand and, after a few moments, will even bestow little kisses to demonstrate how grateful she is for any kindness. Dandelion would thrive in a household where she was the only non-human family member. Please ask us about Dandelion when you visit the shelter; we would be thrilled to introduce you to her!

For more information on Dandelion and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca



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HALIFAX**



Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning (\$230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

reduced.

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about \$18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits



Are you going to be a parent? Time to start saving. ISTOCK IMAGES

are generally only 55 per cent of your employment income to a maximum of about \$445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per

cent on a \$20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Fork, spoon or both?



Delicious but messy to eat, so save it for the family table. ISTOCK

Tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup

at formal restaurants in the '70s. A pair of scissors would be served with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties? So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is an eat-at-home only menu item.

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ISTOCKPHOTO/THINKSTOCK

WEIGH YOUR OPTIONS

RESEARCH AND PLAN FOR YOUR PERSONAL GOALS

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McCrae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exist and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and

burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time. "Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continuing education for professional purposes

will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit them-

selves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

Once you have enrolled, create a schedule that is conducive to learning. Have a designated place to study where you aren't likely to be distracted and plan a daily and weekly schedule that will realistically allow you to be most productive.

— Jon Tattrie

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CANADIAN COLLEGE OF ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE PHOTO

MIX OF PROGRAMS

AT THE CANADIAN COLLEGE OF ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

The Canadian College of Acupuncture and Traditional Chinese Medicine (CCATCM) offers a mix of diploma programs, and general interest and continuing education courses.

For people looking for a career in the rapidly expanding field of acupuncture, CCATCM offers two- and three-year diploma programs. The only difference between the programs is the pace at which one completes their studies.

"There's a definite demand and need for these programs," says Jessica McCall, the college's managing director, adding that more and more medical plans are covering acupuncture today.

Students benefit from the college's small class sizes, experienced faculty — many of whom have practised acupuncture for more than 30 years — and the opportunity to work in the college's student clinic.

The clinic runs Wednesdays from 6-8 p.m.

and Saturdays from 1-5 p.m. The treatments are 45 minutes long and cost \$25 plus tax. All of the money raised at November and December's clinics will be donated to Christmas Daddies.

People looking to learn more about the college should check out its website, acupuncturecollege.ca, or contact the college's admissions director, Curtis Fiander, by email at admissions@ccatcm.ca. The college also maintains an active social media presence and can be found on both Twitter (@AcupuncCollege) and Facebook.

CCATCM is also hosting an open house Dec. 8 from 11 a.m. to 2 p.m. where the admissions staff will be on hand to answer questions about the college. Visitors will even receive a free 10-minute acupressure massage.

The college is the only student loan approved acupuncture college east of Ontario.

PROGRESS AT YOUR OWN PACE AT NSCAD

For Brenda Diabo, making jewelry has moved from being a hobby to being an "extensive hobby."

"It's turned into a monster," says the Dartmouth resident. "It's taking up a lot of time."

With her own studio, Diabo spends at least three hours per day working on her creations, which include earrings, rings and necklaces.

In part, this interest stemmed from courses she took through NSCAD University's School of Extended Studies.

In 2006, Diabo took a beginner jewelry-making class and then took the advanced version. Since that time, she has taken the advanced course more than a dozen times.

"I just didn't want to do anything else," Diabo says.

With the help of the faculty that teach the course, Diabo says they allow students to progress at their own pace. "If you're stuck in a rut, they'll move you along," she says. "If you need more attention on one point, they'll keep you doing it over and over again."



NSCAD PHOTO

The instructors in the School of Extended Studies are also instructors in NSCAD's degree programs, which helps ensure top-notch instruction.

The School of Extended Studies has been offering non-credit studio courses to the general public for 125 years and courses are available for people of all skill levels (and passions).

As part of this year's Nocturne celebration, Diabo had some of her work publicly displayed, along with other advanced jewelry students.

"It was really cool to see the work out underneath Plexiglas. We really were so lucky our work was featured."

LIFE LESSON #38:

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Guarded optimism for Rainmen turnaround



Darren Duncan played in eight games for the Halifax Rainmen before being dealt Monday.

JEFF HARPER/METRO FILE

NBL. Halifax deals Duncan to Express, bring in guard Goins



PHILIP CROUCHER
philip.croucher@metronews.ca

Coming off two weekend victories, the Halifax Rainmen did some shaking up of their roster on Monday.

The National Basketball League of Canada franchise released forward Joel Smith, and also traded high-scoring point guard Darren Duncan to the Windsor Express, a 2013 third-round draft pick and an undisclosed amount of cash.

Duncan had been the team's starting point guard through the first six games, but was replaced by Josiah Turner in home victories Saturday against Windsor and Sunday versus Summerside.

"We just felt that Turner gives us a little bit more as a starter in terms of putting pressure on the defence. He's a little bit bigger and stronger, and he passes the ball extremely well," said Halifax Rainmen owner and general manager Andre Levingston. "We just saw a different flow when he's in the game."

Halifax also brought a new player into the fold Monday, adding Melvin Goins, a five-

foot-11 guard who started for the University of Tennessee Volunteers during the 2010-11 season and averaged almost eight points per game.

Goins most recently was playing professional basketball overseas.

"He's really, really strong and physical, which is what we're going to need down the stretch when we start playing teams like London," Levingston said. "He's bigger, stronger, he played football as well in college. He gives us a different type of guard, a physical guard."

The Rainmen are off until Saturday when they hit the road for a pair of weekend games. They'll play the Oshawa Power on Saturday afternoon, then tangle with the first-place, and undefeated, London Lightning on Sunday afternoon.

Levingston said the mood around the Rainmen is very upbeat after the team won its first two games under new head coach Rob Spon to even its record at 4-4.

"The intensity has been through the roof with our team lately," Levingston said. "They've been competing really hard in practice and I think fans saw a difference in the way we performed a week ago compared to this weekend ... We've made a commitment to defence and the coach is putting them in a position to be successful."

Quoted

"He just gives us a different type of toughness I think we're going to need down the stretch."

Rainmen general manager Andre Levingston on the signing of Melvin Goins



Melvin Goins CONTRIBUTED

'New approach' ahead in lockout negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we

By the numbers

11

The NHL lockout is now in its 11th week and has forced the league to cancel 422 regular-season games, plus the Jan. 1 Winter Classic at Michigan Stadium and Jan. 27 all-star game in Columbus.

welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday. **THE CANADIAN PRESS**

MLB

Blue Jays fill five coaching spots

John Gibbons' staff is taking shape as the Toronto Blue Jays filled five of its coaching positions on Monday.

DeMarlo Hale joins the Blue Jays as bench coach, Chad Mottola will serve as hitting coach, Dwayne Murphy will act as first base and outfield coach, Luis Rivera will move to third-base coach and Pete Walker moves from the bullpen to serve as pitching coach.

The Blue Jays still need to find a bullpen coach to replace Walker.

THE CANADIAN PRESS

CFL

Grey Cup ratings fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to data from BBM Canada.

An average of 5.8 million viewers tuned in to TSN and RDS.

The overall numbers for the 100th Grey Cup are up 28 per cent from the 4.6 million viewers who tuned in to see B.C. beat Winnipeg in last year's final in Vancouver. **THE CANADIAN PRESS**

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Horoscopes

Aries

March 21 - April 20

Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

Taurus

April 21 - May 21

You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

Gemini

May 22 - June 21

There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

Cancer

June 22 - July 23

One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

Leo

July 24 - Aug. 23

Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

Virgo

Aug. 24 - Sept. 23

You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

Libra

Sept. 24 - Oct. 23

Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

Scorpio

Oct. 24 - Nov. 22

You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

Sagittarius

Nov. 23 - Dec. 21

Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

Capricorn

Dec. 22 - Jan. 20

With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

Aquarius

Jan. 21 - Feb. 19

Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

Pisces

Feb. 20 - March 20

Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

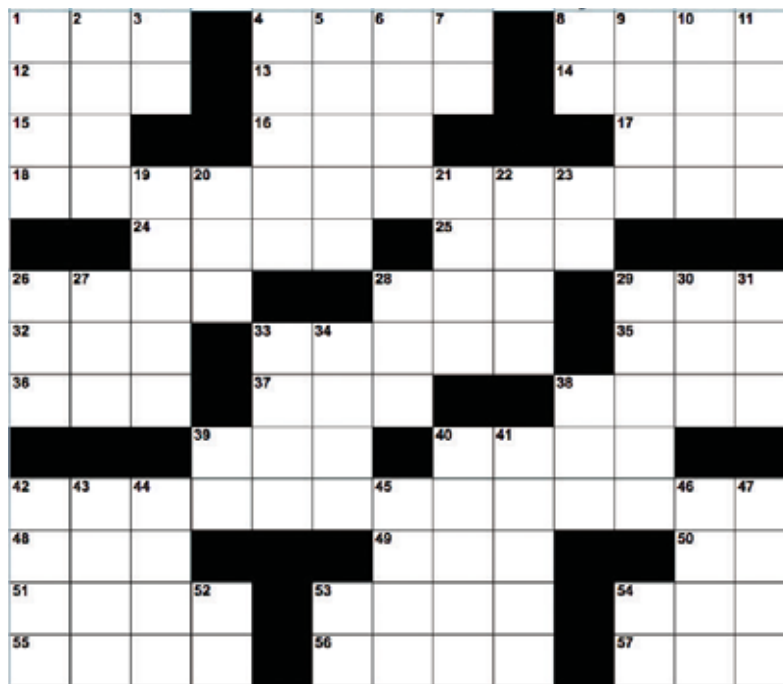
Across

1. Tennis serve
2. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: — in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

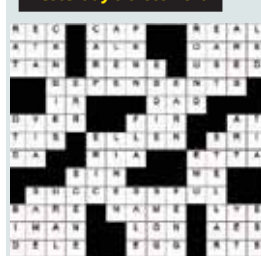
Down

1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha — Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

BY BETTY MARTIN



Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	9	8	5	1	7	4	6	3
1	2	6	4	3	5	9	8	7
3	8	7	9	2	8	5	1	4
9	5	4	1	7	6	3	2	6

5			6					8
	6			3	7	1		
	3		7	4				
	1					6		
7		4				2		3
		9					4	
			3	9		2		
	5	8	4			3		
1				2				5

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